

LEARNING STYLES



It's commonly believed that everyone learns differently, based on how our brains process information.



There are three types of learners. The suggestion is that we each learn in all these ways, but people have a proclivity to a particular style.

1 VISUAL

Visual processing means learning through seeing. Whether that's reading or watching demonstrations.



2 AUDIO



3 KINAESTHETIC

Kinaesthetic means learning through doing. Having a go and practising.



You can spot people's styles by the language they use.

"I hear ya"

"That feels right"

You can adapt any training or learning you provide to cater for everyone.

"I see what you mean"



Engage your visual learners by having presentations, slides, things they can watch and read.

Audio learners will appreciate something they can listen to, a spoken explanation or audio tapes.



Ideally, you'll want what you deliver to be a mixture, so that everyone's covered.

Kinaesthetic learners will do best by being set tasks and activities, or trying things for themselves.

